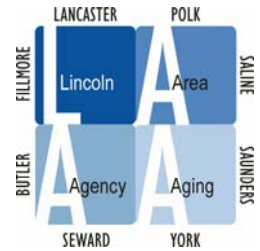


October 2006

Lincoln Area Agency on Aging ActivAge EVENTS



~ **SENIOR HEALTH PROMOTION CENTER** The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call 402-441-6687. The Clinic is open from **9:30am-2:30pm, on almost every Tuesday and almost every Thursday** during the school year. Call the Lifetime Health Program at 402-441-7575 for more information about the Clinic, dates open, free parking, and free transportation. Also, check with your closest ActivAge Center for transportation to the Clinic. The schedule includes:

October: 3, 5, 17 (flu shots), 19 (flu shots), 24, 26, 31
November: 2, 7, 9, 21, 28, 30
December: 5, 7

~ **FLU SHOTS** This important immunization is offered at various locations. Call for information.

October 6	9-10am	Maxey ActivAge Center, 2032 "U" Street	441-7849
October 17	9:30am-2pm	Senior Health Promotion Clinic, 1005 "O" Street	441-7575
October 19	9:30am-2pm	Senior Health Promotion Clinic, 1005 "O" Street	441-7575
October 30	8am-1pm	Northeast ActivAge Center, 6310 Platte	441-7151
October 31	8am-1pm	Northeast ActivAge Center, 6310 Platte	441-7151
Nov. tba (Wed)		Hickman ActivAge Center, 300 East 3 rd Street	441-0423
November 2	8-9:30am	Calvert ActivAge Center, 4500 Stockwell	441-8483
November 2	12noon-1pm	Lake Street ActivAge Center, 2400 South 11 th	441-7157

Also, you may locate flu shots given at various retail pharmacies by going to www.findaflushot.com and entering the desired zip code, distance from that area, and dates desired.

~ **STRETCH AND TONE** An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are **Tuesdays** and **Thursdays**, 9:30-10:15am, North Gate Estates, 2425 Folkways Boulevard. Instructor is Barb Krenk. Class sessions begin on August 22(to October 12) and October 17 (to December 21). Can join at any time. Call the Lifetime Health Program at 402-441-7575 to register. Price is \$28 per session.

October: 3, 5, 10, 12 (final class), 17 (first class), 19, 24, 26, 31
November: 2, 7, 9, 14, 16, 21, 28, 30
December: 5, 7, 12, 14, 19, 21 (final class)

~ **GENTLE PILATES MAT CLASS** This slower-paced class utilizes the principles of STOTT Pilates to enhance stabilization of the core body and major muscle groups. Class meets **Thursdays**, 9:30-10:30am, Auld Recreation Center, 3140 Sumner Street (off of Memorial Drive in Antelope Park). Instructor is Wendy Anderson. Class session begins on September 14(to November 2). Can join at any time. Call the Lifetime Health Program at 402-441-7575 to register. Price is \$22 per session.

October: 5, 12, 19, 26
November: 2 (final class)

~ **YOGA REFRESH AND RENEW** This beginner/intermediate level class is a gentle and relaxing way to improve balance, enhance overall flexibility, gain strength and refresh your mind. Classes are **Thursdays**, 10-11:30am, at the Belmont Recreation Center, 1234 Judson. Instructor is Daya Nelson. Class session begins September 14 (to November 2). Can join at any time. Call the Lifetime Health Program at 402-441-7575 to register. Price is \$45 per session.

October: 5, 12, 19, 26

November: 2 (final class)

~ **EASING INTO YOGA** Class is designed to introduce the practice of yoga. Most work will be chair based. Classes are **Tuesdays**, 9:30-10:30am, Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Instructor is Terri Swanson. Class session begins on September 12 (to October 31). Can join at any time. Call the Lifetime Health Program at 402-441-7575 to register. Price is \$22 per session.

October: 3, 10, 17, 24, 31 (final class)

~ **EASY TAI CHI** Fun! Easy! Effective! The movements are basic and do not require years of study. No experience or equipment needed. Learn the basics to continue at home. Class meets **Wednesdays**, 10-10:45am, Lake Street ActivAge Center, 2400 South 11th Street. Instructor is Laura LaDue. Class session begins October 4 (to November 22). Can join at any time. Call Lifetime Health Program at 402-441-7575 to register.

October: 4 (first class), 11, 18, 25

November: 1, 8, 15, 22 (final class)

~ **FITNESS 101** This drop-in class is designed for the person new to exercise or the person who has not exercised regularly for some time. Stretch & tone and breathing & relaxation exercises will be done in or near a chair. This on-going class meets **Wednesdays**, 10-11am, Calvert ActivAge Center, 4500 Stockwell and **Wednesdays**, 10:30-11:15am, Downtown ActivAge Center, 1005 "O" Street. Free. Call the Lifetime Health Program at 402-441-7575 for more information. Free.

~ **FOREVER STRONG HEALTH CLUB** Open **weekdays**, 8am-4pm, and **Saturdays** (except holidays), 9am-12noon. Located at the Downtown ActivAge Center, 1005 "O" Street. Free for those 60 and better. Call the Lifetime Health Program at 402-441-7575 for more information on the Club, free parking, and free transportation.

~ **CERTIFIED PERSONAL TRAINERS** are available on **Tuesdays**, 1-3pm, **Wednesdays**, 8:30-10:30am, **Thursdays**, 1-3pm, or by appointment. Located in the Forever Strong Health Club, at the Downtown ActivAge Center, 1005 "O" Street. Call the Lifetime Health Program at 402-441-7575 for more information.

~ **WIDOWED PERSONS SERVICE (WPS) MEETINGS** WPS is a program sponsored by the Lincoln Area Agency on Aging with support from AARP. The program is concerned about the newly widowed in our community and offers various groups for widowed men and widowed women. Those in WPS have experienced widowhood and know how difficult this period can be and want to let you know there is help available, should you need it. No fees. If you would like to visit with a trained volunteer or receive more information, please call 402-441-7028. You are invited to attend these get-togethers:

- Friendship Group meets every Sunday from 2-3:30pm. Open to widowed people of all ages. Call 441-7028 for the current location.
- Widower's Breakfast meets every Thursday at 8am at Stauffer's Café, 5602 South 48th Street.
- Widow's Breakfast meets the 3rd Thursday of each month at 9am at T & R's Garden Restaurant, 5250 Cornhusker Highway.
- Widow's Luncheon meets the first Thursday of each month at 11:30am, visiting a different restaurant monthly. Call 441-7028 for the current location.
- Just Pals, a social group for widowed persons, meets once monthly on a Saturday night, visiting a different restaurant monthly. Call 441-7028 for the current location.
- "Charlie Brown's Kids," a group for children who have lost a parent through death, meets the first and third Thursday of each month from 6-8pm at Sheridan Lutheran Church, 6955 Old Cheney Road. Bring a brown bag supper. Also sponsor "Parents Night Out" one evening each month. Call 483-1845 for information.

~ **LUNCH OUT WITH THE ACTIVAGE CENTERS** Out on the town! Van usually available for an extra fee. Reservation deadlines and prices vary. Call the Center listed for more information and reservations.

~ **AT THE ACTIVAGE CENTERS** Stop by the Centers for fun, social, recreational, health, or educational

programs. Call the Center listed for more information and reservations. Meal reservations must be made at least two days in advance. Suggested contribution for meals.

October 6, 9-10am, Flu shot clinic; Maxey, 441-7849 - call for information

October 10, Blood pressure checks; Calvert, 441-8483

October 11, Bone density presentation; Calvert, 441-8483

October 16, 9:30-11:30am, Bone density screening; Calvert, 441-8483

October 17, 9:30am-2pm - Flu shot clinic; Senior Health Promotion Clinic, 441-7575 - call for information

October 19, 9:30am-2pm - Flu shot clinic; Senior Health Promotion Clinic, 441-7575 - call for information

October 30, 8am-1pm, Flu shot clinic; Northeast, 441-7151 - call for information and to order a sack lunch

October 31, 8am-1pm, Flu shot clinic; Northeast, 441-7151 - call for information and to order a sack lunch

November tba (Wednesday), Flu shot clinic; Hickman, 441-0423 - call for information and date

November 2, 8-9:30am, Flu shot clinic; Calvert, 441-8483 - call for information

November 2, 12noon-1pm, Flu shot clinic; Lake Street, 441-7157 - call for information

November 13-17, Thanksgiving Holiday meals; call your closest Center or 441-7158

November 14, Blood pressure checks; Calvert, 441-8483

December 11-15, Winter Holiday meals; call your closest Center or 441-7158

December 19, Afternoon Delights: Barb Mager and her Magic Keyboard; includes pie and coffee for \$3, Northeast, 441-7151 - advance reservations required

~ ROAD TRIP WITH THE ACTIVAGE CENTERS Travel about town or out of town! Explore in our town, our state, and beyond! Call the Center listed for more information and reservations. Most trips have an associated price.

October 6 - Ghost Riders in the Sky at Double D Ranch; Northeast, 441-7151

October 22 - Senior Prom; call your closest Center for information &/or transportation

November 2 - Brownville and Fall Foliage; Northeast, 441-7151

December 8 - Kansas City Lights & Shopping; Northeast, 441-7151

~ LAAA VOLUNTEER PROGRAMS TRAVELOGUE FILM SERIES 2006/2007 Mountains, landmarks, history, and culture. All this and popcorn too! See the world from your theatre seat! Professionally produced travel films with live narration by the film makers. "Get Up & Go Certificates" will be given as door prizes courtesy of the co-sponsor, Executive Travel! Shows are Tuesdays, 2 & 8 pm, and Wednesdays, 2 & 6 pm; at Edgewood Theatre near 56th & Highway 2. Tickets are available at door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at 402-441-7026 about season tickets or group rates.

October 10-11 - "Alaska," presented by Dale Johnson

November 14-15 - "Hawaii - the Pacific Paradise," presented by John Wilson

February 21-22, 2007 - "Mexico," presented by Fran Reidelberger

March 13-14, 2007 - "Vietnam - a Land of Surprises," presented by Buddy Hatton

April 10-11, 2007 - "Prague to Paris," presented by Clint Denn

~ HANDS ON TECHNOLOGY CLASSES You saw the latest gadgets at the "Time Warner Senior Technology Fair" at the LifeLong LIVING Festival. Now, these workshops will give you a chance to learn about technology at your own pace and have one-on-one hands on time too. Three different workshops are offered. Each is at the NET Building, 1800 North 33rd Street (2/10 mile north of Holdrege) on a Thursday from 9-10:30am. Parking is available in front of the building. Coffee and donuts will be available prior to the workshop. Door prizes! All workshops are free. Workshops are:

October 12 - Explore the World Wide Web

November 2 - Navigate through Digital Cable Channels

December 7 - DVR: Makes TV Recording Easy

Sponsored by Time Warner Cable in cooperation with LAAA. Register at 402-441-7158. To help the

instructors tailor the class to your needs, you will be asked these questions when you register:

- 1) *Do you know how to use the Internet?*
- 2) *Do you know how to send/receive e-mails?*
- 3) *Do you record TV shows? If yes, how?*
- 4) *Are you familiar with remote controls and on-screen program guides?*

~ **DINNER & A SHOW SERIES** More exciting evenings of fabulous food and fantastic entertainment at the ActivAge Centers, Cotner Center Condominiums (1540 North Cotner: North 66th at Cotner and Holdrege), or other locations. The LAAA ActivAge Centers are co-sponsoring this series with Cotner Center Condominiums and Seniors Foundation. Reservations (and cancellations) must be made by 10am on the Tuesday before that week's event by calling 402-441-7158. The meal is served at 5:30pm, with entertainment following. Price is \$5 for people over 60; and \$6 for people under 60 (except for 12/8/06). Van is an additional \$1 fee. Make payment(s) prior to the event(s). Checks are payable to "Lincoln Area Agency on Aging" with a notation in the memo of "Dinner & a Show." Payments are sent to:

Lincoln Area Agency on Aging
ATTN: Dinner & a Show
1005 "O" Street
Lincoln, NE 68508-3628

Pre-payment is requested. "Pay at the door; 2 dollars more!" If you must pay at the door, prices are: \$7 for people over 60 or \$8 for people under 60.

October 12 - Joe Taylor; Cotner Center Condominiums

November 16 - USO Show with Rave Revue; Downtown ActivAge Center, 1005 "O" Street

December 8 - Holiday Lights Tour; Downtown ActivAge Center, 1005 "O" Street (\$8 & \$9; door: \$10, \$11)

~ **HOW TO MAKE YOUR HOUSE - "YOUR HOME"** Most people prefer to stay in their own home as they age, and they also want home to be even more comfortable. Spaces can evolve with us to meet our changing lives and health conditions. Imagine a world where everything is designed to meet the needs of *all* people. This is called "Universal Design" and it allows you to create or modify a safe, comfortable, and convenient home allowing people of all ages, sizes, and capabilities to live independently for as long as they wish. Panel discussion and resource fair includes: Assistive Technology Partnership, Home Access Solutions, Home Builders Association of Lincoln, League of Human Dignity, Remodelers Council, and Shirley Niemeyer, PhD, Housing and Environment Specialist, UNL. Friday, **October 13**, 1:30pm at Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Call 402-441-7158 for more information or reservations.

~ **MAKING A DIFFERENCE** Each person has unique gifts to contribute to others and the world. Are you fully living your life? Is it filled with clarity, focus, ease, and grace? Kris Thaller, Certified Life Coach, will help you discover and/or remember what is really important to you and provide you with tools to make life a little easier. Saturday, **October 14**, 8:30-11:30am, Northeast ActivAge Center, 6310 Platte Avenue. Call the Lifetime Health program at 402-441-7575 for more information and workshop reservations. Free.

~ **CALL FOR ARTISTS 55+: FINE ART OF EXPERIENCE** sponsored by the Lincoln Area Agency on Aging, is a juried art show exclusively featuring the visual artwork of professional and high quality amateur older adult artists, age 55 and older, who reside in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, or York counties. Paintings, drawings, and fiber art, including weavings, will be shown. A call for artists will be in **October 15 -December 1**. Submissions will include slides or digital images of up to three artworks per applicant with a \$20 entrance fee. Three additional slides/images may be submitted for another \$10. Juried by Norman Geske, Anne Pagel, and Dean Settle. Funding from the Nebraska Arts Council, www.nebraskaartscouncil.org. Show will be at The Loft at the Mill, 800 "P" Street, 3rd floor, in Lincoln's Haymarket. Begins with the downtown First Friday Gallery Walk and runs **January 5-8, 2007**. Artwork will be available for purchase. Applications will be available by calling 402-441-7158. More information about the show will be available by calling 402-441-7158.

~ **SENIOR PROM** Dance at the East Campus Ballroom on Sunday, **October 22**, 3-5pm. Sponsored by LAAA and the UNL Pepsi Scholars. Call 402-441-7157 for more information.

~ **BRIDGE CLASSES** Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Call 402-441-7158 for information and reservations. Must register by calling 402-441-7158 prior to class attendance. Price is \$20-\$25. Checks are payable to "Lincoln Area Agency on Aging" with a notation in the memo stating "Bridge" and which class (example: Beginning I - Jan 9). The check is sent to:

Lincoln Area Agency on Aging
ATTN: *ActivAge Bridge*
1005 "O" Street
Lincoln, NE 68508-3628

Class #13) October 23 - Beginning II: Mondays for 8 classes, 9-11:30am, @ Savannah Pines

Class #14) October 25 - Beginning II: Wednesdays for 8 classes (no 11/22), 2:30-5pm, @ Brentwood Estates

Class #15) December 18 - Party: Monday, 9-11:30am, @ Savannah Pines, FREE!

Class #16) December 20 - Party: Wednesday, 2:30-5pm, @ Brentwood Estates, FREE!

~ **MIND/BODY/SPIRIT DAY 2006** Learn about Analysis of Dreams, Health Psychology, Acupuncture 101, Spiritual Healing, Feng Shui, and Aromatherapy. Cotner Center Condominiums, 1540 North Cotner (North 66th at Cotner & Holdrege), 9am-2:30pm, Friday, **November 3**. Call Lifetime Health at 402-441-7575 for program brochure and registration.

~ **VETERANS' DANCE** with the Lou Arnold Orchestra. Wednesday, **November 8** (note new date), 1-4pm at the Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Call 402-441-7158 for more information.

~ **THANKSGIVING HOLIDAY MEALS AT THE ACTIVAGE CENTERS** will be **November 13-17**. Enjoy roast turkey with stuffing and pumpkin pie for dessert! Please make your meal reservation at least two days in advance at the ActivAge Center where you will be eating. Suggested contribution for eligible participants is \$4; price for those under 60 is \$6. Many Centers will also have special entertainment. For more information and reservations, please call your closest Center or 402-441-7158.

Monday - Calvert, Firth

Tuesday - Belmont, Panama

Wednesday - Hickman, Northeast

Thursday - Asian, Bennet, Downtown

Friday - Lake Street, Maxey, Waverly

~ **2006 TREES OF LOVE** This is the 20th year that the Lincoln Area Agency on Aging and Wells Fargo have teamed together to ensure that older people will be remembered and receive a gift they wish for during the holidays. The project began with Lancaster Manor in 1987 and has grown to include The Ambassador, Haven Manor, Homestead Health Care, Malone Manor, Milder Manor, Tabitha and Village Manor. with more than 1000 residents. Each nursing home provides the first name and gift wish of their residents and LAAA places these wishes on ornaments to be hung on trees in all the Wells Fargo Bank facilities. People in the community are asked to come to Wells Fargo, remove an ornament, write their own name on the thank you ornament which remains on the trees, purchase and wrap the suggested gift and return it to any Wells Fargo Branch. Please help because after all, Christmas isn't just for kids. Kick-off event will be **November 17**. For more information, call 402-441-7026.

~ **BOOKFAIR** The Foster Grandparent Scholastic Bookfair will be held **November 27-December 2** at the Downtown ActivAge Center, 1005 "O" Street. Thousands of new books, toys, puzzles, and games for children of all ages will be available for purchase during this week long event. All profits from this sale will be used to purchase books for local schools in honor of Foster Grandparents in our community. For more information, call 402-441-6105.

~ **MEDICARE PART "D" PUBLIC FORUMS** Call the listed number for an appointment.

November 28 10am-4pm BryanLGH East, 1600 South 48th Street

481-8855

December 6	9am-4pm	Malone Community Center, 2032 "U" Street	441-7070
December 13	9am-4pm	Southeast Community College, 8800 "O" Street	441-7070
December 20	9am-4pm	Southeast Community College, 8800 "O" Street	441-7070

~ **HERITAGE LEAGUE FESTIVAL OF TREES** See the Lincoln Area Agency on Aging's tree, as well as many others, **November 30 through December 1** at the Westminster Presbyterian Church, 2110 Sheridan Boulevard. Tickets cost \$1 each. Baked goods and craft items will be available for purchase. Proceeds will go to the Lighthouse, a safe harbor for youth in Lincoln.

~ **STAR CITY HOLIDAY PARADE EVENTS: Pete Penguin's Picnic** Stop by the Downtown ActivAge Center for a pancake feed, kids activities, and Santa Claus on **December 2**, 9am-12noon. Admission is \$5. Call 402-441-7158 for more information. See www.downtownlincoln.org for information on all the events.

~ **WINTER HOLIDAY MEALS AT THE ACTIVAGE CENTERS** will be **December 11-15**. Enjoy Swiss chicken breast with stuffing and peach pie for dessert! Please make your meal reservation at least two days in advance at the ActivAge Center where you will be eating. Suggested contribution for eligible participants is \$4; price for those under 60 is \$6. Many Centers will also have special entertainment. For more information and reservations, please call your closest Center or 402-441-7158.

Monday - Calvert, Firth

Tuesday - Belmont, Panama

Wednesday - Hickman, Northeast

Thursday - Asian (tentative), Bennet, Downtown

Friday - Lake Street, Maxey, Waverly

~ **"STORIES OF HOME" PUBLIC ART PROJECT** A display of the artwork by Caitlin Applegate based on Khamisa Abdulla, Mohammad Kambal, and family will be at the Downtown ActivAge Center, 1005 "O" Street, **December 16-28**. For more information see www.artscene.org or call 402-434-2787.

~ **FINE ART OF EXPERIENCE** sponsored by the Lincoln Area Agency on Aging, is a juried art show exclusively featuring the visual artwork of professional and high quality amateur older adult artists, age 55 and older, who reside in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, or York counties. Paintings, drawings, and fiber art, including weavings, will be shown. The show will be juried by Norman Geske, Anne Pagel, and Dean Settle. Funding from the Nebraska Arts Council, www.nebraskaartscouncil.org. At The Loft at the Mill, 800 "P" Street, 3rd floor, in Lincoln's Haymarket. Begins with the downtown First Friday Gallery Walk and runs **January 5-8**, 2007. Artwork will be available for purchase. More information about the show will be available by calling 402-441-7158.

~ **CAREGIVERS' RESOURCE FAIR** save **April 12**, 2007 for this event.

~ **LIFELONG LIVING FESTIVAL** save **June 9**, 2007 for this event.

~ **CLOSINGS** LAAA facilities, LAAA ActivAge programs such as Centers, classes, events, and LAAA transportation services will be observing these holidays:

Veterans' Day - November 10-11

Thanksgiving - November 23-25

Christmas - December 23-25

New Years' Day - December 30-January 1

During times of severe weather, listen to KFOR Radio (1240AM) for storm closing information. ActivAge programs usually close if the Lincoln Public Schools have closed due to weather conditions. This includes LAAA facilities, Centers, classes, events, Travelogue, and transportation services.

Other ActivAge and Lincoln Area Agency on Aging programs and services:

~ **ActivAge CENTERS** Call **402-441-7158** to locate your closest center or receive a schedule of activities and noon meals. Income tax assistance, Farmers' Market coupons, influenza inoculations.

~ **ActivAge TICKETS, TOURS, & EVENTS** Call **402-441-7158** for information.

~ **HOME HANDYMAN SERVICE** Provides chore and handyman services. From mowing to leaky faucets! Call

402-441-7030 for information.

~ **LIFETIME HEALTH** Life's a hit when you're feeling fit! Aerobics, Stretch & Tone, Yoga, Fitness 101, and Pilates. Call **402-441-7575** for information on classes, Channel 5 schedule, fitness equipment, and the Senior Health Promotion Center. The Clinic is open almost every Tuesday and Thursday; call **402-441-7575** for schedule.

~ **MILESTONE GALLERY** Located in the Downtown ActivAge Center, this gallery represents nearly 100 of the area's finest artists and serves as the home of the Lincoln Artist's Guild. Gallery Walk is first Friday of each month. Call **402-441-8453** for information.

~ **RURAL TRANSIT in Lancaster County** "We get around!" Provides transportation on a fixed schedule from rural Lancaster communities in Lincoln. Call **402-441-7031** for information.

~ **VOLUNTEER PROGRAMS** "Lead. Inspire. Change the World. AGAIN!" Get Involved! Support our community when you volunteer. Call **402-441-7026** for info.

~ **LINCOLN AREA AGENCY ON AGING - more services!** Where do you go for answers on aging? Call the Lincoln Area Agency on Aging's LIFE office at **402-441-7070**.

~ **SENIORS FOUNDATION** *If you would like to support your favorite Lincoln Area Agency on Aging program with a gift or a memorial, please contact Richard Blair at **402-441-6179** or rblair@lincoln.ne.gov. The Seniors Foundation Board invites you to visit www.seniorsfoundation.org.*

More Lincoln Area Agency on Aging's ActivAge information available in:

~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star

~ City of Lincoln website at www.lincoln.ne.gov, keyword: aging, choose "Activities & Classes" from the sidebar on the left, click on "Tickets" or "Tours" or "Events" (updated at the beginning of each month; need Adobe Acrobat Reader)

~ Seniors Foundation website at www.seniorsfoundation.gov

~ *"Living Well,"* the Lincoln Area Agency on Aging's magazine published in January, April, July, and October; call 402-441-7022 to be on the mailing list (or read it on the City of Lincoln website at www.lincoln.ne.gov, enter keyword: aging, click one "Living Well Magazine," click on the desired issue)

Sponsored in part by the Seniors Foundation
Updated on September 28, 2006 (4:24PM) by EBS
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